

Colorado

Nutrition and Physical Activity Program to Prevent Obesity and Other Chronic Diseases

<http://www.cdphe.state.co.us/pp/COPAN/Obesity.html>

The Epidemic

47% of Colorado adults are overweight or obese.
(CDC BRFSS, 2002)

22% of low-income children between 2 and 5 years of age in Colorado are overweight or at risk of becoming overweight. (CDC PedNSS, 2002)

The obesity rate among Colorado adults increased by 141% from 1990 to 2002. (CDC BRFSS, 1990, 2002)

Recent Accomplishments and Products

- Physical Activity and Nutrition Web site
- Colorado Work site Wellness Summit
- Preventing Childhood Overweight: Laying the Groundwork For Action Conference
- Colorado Healthy School Summit
- Five new task forces dealing with active community environments, breast-feeding promotion, college and university issues, early childhood, and older adults

New Partners

American Heart Association
 Auraria Campus
 Bicycle Colorado
 Children's Hospital
 City and County of Denver
 Colorado Association for Health, Physical Education,
 Recreation, and Dance
 Colorado Center of Bone Research
 Colorado Beef Council
 Colorado Depts. of Agriculture and Education
 Colorado Minority Health Forum
 Colorado Parent-Teacher Association
 Colorado Soda Council
 Coors Brewing Company
 Denver Health Medical Center
 HEALTHBREAK, Inc.
 Kaiser Permanente
 Metro Denver Black Church Initiative
 Mi Casa Resource Center for Women
 University of Colorado Health Sciences Center
 YMCA of Metropolitan Denver
 Wild Oats

Program Priorities

The *Colorado Physical Activity and Nutrition State Plan 2010* is currently being updated and revised. The updated plan will include 13 sections:

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|----------------------|----------------------|
| • Breast-feeding | • Active Community |
| • Early childhood | Environments |
| • School site | • Colorado On The |
| • College | Move |
| • Work site | • Reduced TV viewing |
| • Older adult | • 5 A Day |
| • Provider education | • Surveillance and |
| • Health disparities | evaluation |

Effective July 1, 2004, Colorado will be funded at the basic implementation level. Three interventions are currently underway:

- The School Site Resource Kit is intended to empower school personnel to create school environments that support the development of healthy diets and active lifestyles.
- The Work site Resource Kit provides resources and programs to help employers implement work site wellness initiatives.
- Colorado On the Move is a statewide physical activity campaign. Currently a nutrition component is being added. An effectiveness evaluation is now in process.

Upcoming Events and Products

- Evaluation results for Colorado On the Move
- Assessment of the state's obesity health system
- Promoting Active Living Through Community Design, 2nd Annual Workshop
- TV Turn Off Week
- A 4-week 5 A Day pilot in restaurants

Project Period: 2003-2008

Year First Funded: 2001

Funding Stage: Capacity Building

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